

LAKE FOREST
COMMUNITY EDUCATION
FOUNDATION



Presents the first annual

GOBBLE WOBBLE 5K

Run or
Walk!

Saturday November 19, 2016

Starts 9 a.m.

Rain or Shine

Lake Forest North Elementary School
Felton, DE 19943



Fun for the whole family!

- Tee Shirts to **ALL** participants
- Awards to Overall Male, Female & Masters plus Top 3 Male & Female Runners in 5 -Year Age Groups
- Awards to Top 5 Male & Female Walkers
- Post Race Drinks, Snacks & Giveaways

Beat the Turkey!

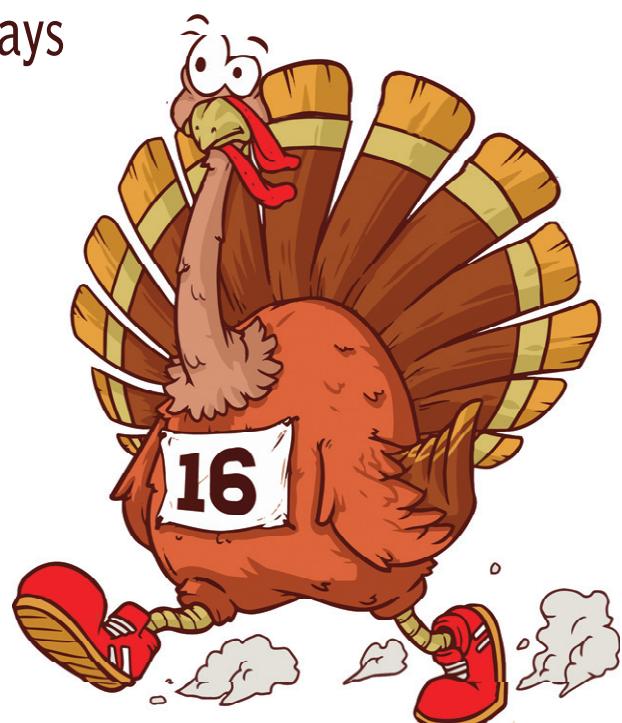
Finish the race **before** the Turkey
& be entered to win **Additional Prizes**

FREE Healthy Kids Run

Starts 8:50 a.m. Ages 8 & Under.
Ribbons to All Healthy Kids Race Finishers

Register online at TriSportsEvents.com
or call Ray at **302-674-3213**
for more information

All proceeds will benefit the Lake Forest Community Education Foundation (LFCEF). LFCEF provides grants for innovative projects to enhance the education curriculum.



\$20 before November 12

\$25 after Nov, 12 & the Day of the Race